



Weekly Information & Communication



Weekly WIC Newsletter

January 30, 2017

Updated Seafood Guidance for Pregnant Women from FDA

Government advisories first issued in 2004 offer advice on how much seafood to eat, and which species should be avoided by pregnant women due to mercury contamination. After an analysis found that pregnant women were eating very little fish, the FDA and EPA have [updated the advice](#), creating a chart of fish species that are the "best choice," a "good choice" or "choices to avoid" for expecting women, along with a guide to portion sizes. Critics say that these new guidelines aren't in step with a [prior report from the FDA](#), that they ignore toxins other than mercury, and that they remain confusing.

Super User Call

A Super User call was held January 23rd at 9AM. The PowerPoints, minutes, and meeting recording is posted on the [website](#). The next meeting will be February 27th at 9AM. If you have questions, please contact [Lacy](#).

Reminder for New Staff

Please remember that all new staff must complete the [Staff Training Form](#), within 60 days of hire. This form must be completed and submitted to the State Nutritionist(s). If you have questions regarding this information please contact [Lacy](#).

Price Surveys

The state office distributed price surveys to all Montana WIC retailers on January 25, 2017. It is encouraged that LARCs follow up with stores and ensure that the surveys are completed and sent to the state by **no later than February 24, 2017**. If replacements are needed, both a printable and fillable version are available under the "retailers" section of our webpage located at: Retailers>2017 Price Survey Materials. Contact Alex @ 406-444-4746 or email along@mt.gov for any further questions/concerns.

Time Study Deadline Approaching

As a reminder, the final deadline for January Time Study is February 5th. I will be checking those not completed and follow-up on an individual basis. Thank you!

Improved Feeding Practices Among Infants Participating in WIC: WIC Works!

Breastfeeding rates among women participating in WIC have increased significantly in the last two decades, according to a new [USDA study](#). The Infant Year Report from USDA's WIC Infant and Toddler Feeding Practices Study 2 found that 83% of mothers breastfed their babies, compared to 56% of mothers in the first USDA WIC Infant Feeding Practices Study in 1995. Encouragingly, more than 95% of study participants who breastfed reported that WIC played a role in their decision to breastfeed. Nearly 60% of participants also turned to WIC for information on feeding their infant, second only to their doctor or other health professional. The study also notes a dramatic reduction in the number of infants being introduced to solid foods too early in life, with only 20% of caregivers introducing babies to foods before 4 months of age, compared to about 60% of caregivers 20 years ago.

Outreach Tip of the Month: February

Place a booth at a local store or shopping mall to explain WIC, who it serves, and how to make appointments. Ask permission from the store manager.

Weekly Risk Code Highlight

[Risk Code 103](#). Underweight or At Risk of Underweight (Infants and Children) is defined as follows:

Weight Classification	Age	Cut-off Value
Underweight	Birth to < 24 months	≤ 2.3 rd percentile weight-for-length as plotted on the Centers for Disease Control and Prevention (CDC) Birth to 24 months gender specific growth charts.
	2-5 years	≤ 5 th percentile body mass index (BMI)-for-age as plotted on the 2000 CDC age/gender specific growth charts.
At Risk of Underweight	Birth to < 24 months	> 2.3 rd percentile and ≤ 5 th percentile weight-for-length as plotted on the CDC Birth to 24 month's gender specific growth charts.
	2-5 years	> 5 th percentile and ≤ 10 th percentile BMI-for-age as plotted on the 2000 CDC age/gender specific growth charts.

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